Research paper

The Mediating Role of Early Maladaptive Schema Disconnection and Rejection in Relation between Gender Stereotypes and Overcompensation

Sadeghi, Mahsa[1]; Ahmadi, Mehrnaz *[2]

1 Master Psychology, Faculty of Educational Sciences and Psychology, Islamic Azad University South Tehran Branch, Tehran, Iran. Email: Mahsa.sadeghi.733@gmail.com , https://www.orcid.org/0000000309001985
2* Corresponding Author Assistant Professor of Psychology, Faculty of Educational Sciences and Psychology, Islamic Azad University South Tehran Branch, Tehran, Iran. Email: M_ahmadi@azad.ac.ir , https://www.orcid.org/0000000268528763

Abstract

The aim of this study was to determine the mediating role of early maladaptive schema disconnection and rejection in relation between gender stereotypes and overcompensation. The research method was descriptive correlational. The statistical population consisted of all students of Islamic Azad University, 228 students were selected by online available method, completed the Young Schema Questionnaire, Bem Sex Role inventory and Young Compensation inventory. The data were analyzed using descriptive and path analysis method. Results showed that the direct effect of female and male stereotypes on the disconnection and rejection schemas was significant. The direct effect of disconnection and rejection schemas was female stereotypes, positively significant on overcompensation. The indirect effect of female and male stereotypes were positively significant on overcompensation through disconnection and rejection schemas. Therefore, it is suggested that mass media and education be used to reduce gender stereotypes.

Keywords: Early maladaptive schema, disconnection and rejection, gender stereotypes, overcompensation

Introduction

The aim of this study was to determine the role of the need for stability, security, love, affection and unfulfilled attachment in the occurrence of unhealthy coping behaviors in the overcompensation behaviors caused by gender stereotypes and to achieve findings that can prevent the disorder caused by them to be applied was done. The study of gender stereotypes is due to the harmful effects that this issue has on society, including discrimination and confusion between the sexes which prevents the participation and deprivation of a large part of the workforce and causes gender inequality in society (Jazani, 2001). Gender stereotypes are an organized set of beliefs about female and male and include information about physical appearance, feedback, interests, psychological backgrounds, social relationships, and the type of occupation of female and male (Bem, 1981). Gender stereotypes act as levers of pressure, under the levers of which male, and mostly female, engage in behaviors, the most important of which is overcompensation. A review of the research literature shows that female use emotion focused coping and male are more likely to use coping strategies, emotional support and evacuation (Graves, et al., 2021). Overcompensation is created as a substitute for schema pain, thus finding a way out of feeling of helplessness and increasing vulnerability (Young, et al., 2003). Research showed that certain schemas are independent predictors of maladaptive

coping, adaptive coping and flexibility (Mc Donnell, et al., 2018). This research has a general hypothesis that it is, schema disconnection and rejection plays a mediating role in the relation between gender stereotypes and overcompensation.

Method
The study was a descriptive-correlational. Its population included female and male students at Islamic Azad University in Tehran, Iran. Using the sampling available method. To analyze the data descriptive statistical methods including the calculation of central statistical indices and dispersion were used to organize the data, as well as, the path analysis method. The following instruments were administered.

Bem Sex Role Inventory Long Form **(BSRI):** The BSRI is a 60-item. Each item is scored based in the independent dimensions of female, male, neutrality and bisexuality (indistinguishability). Bem (1974) reported Cronbach's alpha for this scale at **0.80.** In the present study, Cronbach's alpha for female scale was 0.72 and for male scale was 0.70.

Young Overcompensation inventory (YOI): The YOI is a 48-item. The items on this scale are scored on a Likert scale from 1 to 6 degrees from completely false (1) to completely true (6). In Yung, et al. (2003) reported Cronbach's alpha for this scale at 0.81. In the present study, Cronbach's alpha was 0.90.

Young Schema Questionnaire, Short Form **(YSQ-S3):** The YSQ is a 90-item with five domains to measure 18 hypothetical schemas. A high score indicates a high level of early maladaptive schemas in the individual. In Schmidt, et al. (1995) reported Cronbach's alpha for this scale at 0.96. In the present study, Cronbach's alpha was 0.83.
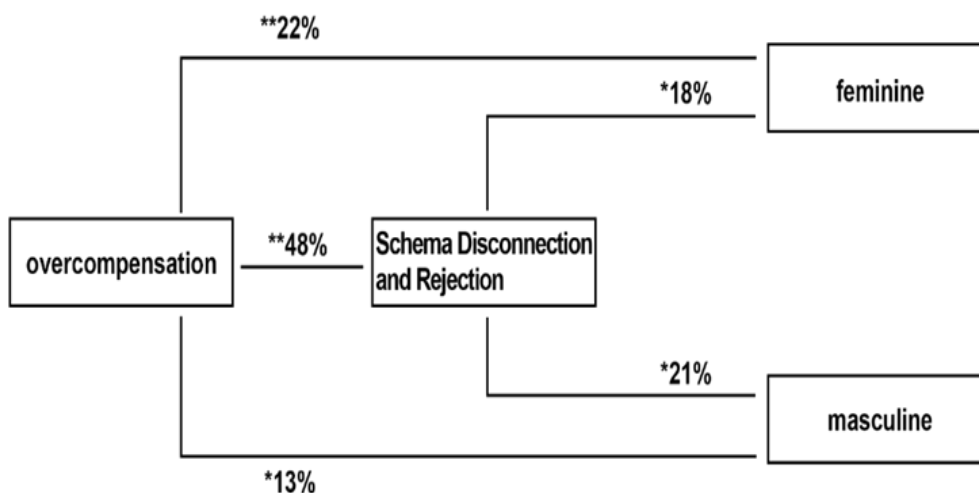
Results
The Pearson correlation test was performed to examine the relationship between variables. Mean, standard deviation, and correlation coefficients are present in Table 1. The results showed that a significance positive relationship between overcompensation and schema disconnection and rejection and gender stereotypes female and male.

Table1: The inter correlation coefficients between variables

Variables	1	2	3
1- Overcompensation	-		
2- Schema Disconnection and Rejection	*0/577	-	
3- Female	*0/432	*0/308	-
4- Male	*0/406	0.317*	*0/631

*P<0/001

The results of path analysis with maximum likelihood method to determine the mediating role of the schema disconnection and rejection in relation to the gender stereotypes with the overcompensation are shown in figure 1 with standard coefficients and the significance of the coefficients of each path.

(*P<0.05**P<0.01)

Figure1. diagram of fitted routes with standard model

The results of the path analysis test indicate that 17% of the variance of the schema disconnection and rejection can be explained through gender stereotypes patterns. Gender stereotypes and schema disconnection and rejection patterns also have the ability to explain 36% of the variance of the overcompensation (Please see the original paper). Path analysis test results show that schema disconnection and rejection mediated gender stereotypes, have a significant indirect effect on overcompensation, by which the research hypothesis was confirmed.

Discussion
Results showed that the direct effect of female and male stereotypes on the disconnection and rejection schemas and disconnection and rejection schemas are female stereotypes are positively significant on overcompensation were significant. Also, the findings showed that direct effect of female and male stereotypes was positively significant on overcompensation through disconnection and rejection schemas. In explaining findings, we can say, the persistence of schema disconnection and rejection with the persistence of their harmful gender stereotypes can lead to overcompensation. One of the limitations of the present study was the inevitable use of available sampling method. Also, unequal distribution of sex in the study sample can in turn affect the results of the present study. It is suggested that by rising the level of awareness of people though education and training programs, real images of feminine and male should be presented far from stereotypes.

References

Bem, S. L. (1981). Gender schema theory: A cognitive account of sex-typing. *Psychological Review* 88 :354-364.

Graves, BS., Hall, ME., Dias-Karch, C., Haischer, MH, Apter, C (2021). Gender differences in perceived stress and coping among college students. *PLoS ONE* 16(8): e0255634. doi:10.1371

Jazani, n. (2001). *An attitude towards gender analysis in Iran*. Tehran: Shahid Beheshti university press.

MC Donnell, E., Hevey, D., McCauley, M., Ducray, KN (2018). Exploration of associations between early maladaptive schemas, impaired emotional regulation, coping strateges and resilience in opioid dependent poly-drug users. *Subst use Misuse* 53(2):1-10. Doi:10.1080/10826084.2018. 1473438

Schmidt, N.B., Joiner, T.E., Young, J.E., & Telch, M.J. (1995). The Schema Questionnaire: Investigation of psychometric properties and the hierarchical structure of a measure of maladaptive schema. *Cognitive Therapy and Research*,19(3), 295-321.

Young, J. E., Klosko, J. S. and Weishare, M. E. (2003). *Schema therapy: A practitioner's guide.* Arjmand Pub (Text in Persian).